

Tofu Not-a-Turkey

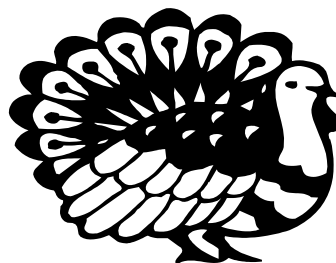
Serves 6-8 people

36 oz (or 3 containers) firm tofu

Basting Liquid:

½ cup sesame oil

½ cup soy sauce



Cornbread Stuffing:

1 cup diced onion

1 cup diced celery

1 Tbsp sesame oil

½ tsp sage

½ tsp thyme

1 tsp parsley

salt and pepper to taste

3 cups whole wheat bread

2 cups cubed corn bread

½ cup low sodium vegetable

broth

½ cup walnuts or pecans

(optional)

One hour before cooking, mash the tofu and pack it into a colander lined with cheesecloth or a clean towel. Place the colander over a large bowl or in the sink to catch the liquid from the tofu. Weigh it down with a heavy object such as a can or jar in top of a bowl or small plate.

To make stuffing, sauté the onion and the celery in the sesame oil. Mix the seasonings into the cubed bread. Combine everything, adding enough vegetable broth to moisten. Add nuts if desired.

Preheat the oven to 400 degrees F.

Press the tofu with your hands to form a hollow center, fill with the stuffing mixture, and press down. Flip the tofu, leaving on the cheesecloth onto an oiled baking sheet. Baste the tofu with ¾ of the basting liquid, cover with foil and bake for 1 hour. Remove the foil, carefully cut the cheesecloth and remove as much as you can (underneath may be too difficult, if so leave it for now). Baste again with the remaining mixture, return to the hot oven, and bake uncovered for 20 minutes or until golden. Transfer to a serving platter, ridding of the remaining cheesecloth and serve with gravy.

Serving Size: ½ inch thick slice

Nutrition Information: 150 Kcal, 7 g Protein, 10 g Carbohydrate, 10 g Total Fat, 1.5 g Saturated Fat

Shitake Mushroom Gravy

Serves 12

1 small onion diced

2 Tbsp sesame oil

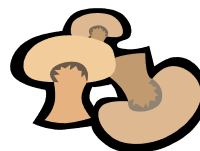
½ cup sliced shitake mushrooms

5 Tbsp Whole Wheat flour

2 cups vegetable broth

½ cup soy sauce

½ cup water



In a medium pot, sauté the onion in the oil until soft. Add the mushrooms and sauté for 1 minute more. Shake the flour, broth, and water together in a jar and add this to the onions and mushrooms. Mix in the soy sauce and stir occasionally over medium heat until thick.

Serving Size: 4 Tbsp

Nutrition Information: 77 Kcal, 3 g Protein, 10 g Carbohydrate, 3 g Total Fat, 5 0.4 g Saturated Fat